GHB

DEPARTMENT OF THE ARMY
THIS WE'LL DEFEND
1775
UNITED STATES OF AMERICA

DEPUTY CHIEF OF STAFF FOR PERSONNEL

ACSAP

GHB CONTENT

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WHAT IS GHB?

- ***GHB, or Gamma Hydroxylbuteric acid, is classified as a central nervous system (CNS) depressant that sometimes causes hallucinations.***
- ***GHB is usually found as a clear liquid with a slightly salty taste, but can also be found as a small tablet or capsule, all of which dissolve quickly in liquid.***
- ***GHB usually is sold by capful or teaspoon, also known as a "dose".***

HISTORY of GHB

1960s GHB is developed as an anesthetic, but the side effects limit the use.

1980s GHB can be bought in health food stores and use begins to rise amongst body builders due to the myth that GHB has many of the same properties as steroids.

1990 The over-the-counter sale of GHB is banned in the United States by the FDA.

GHB is usally clear. Many users add food coloring or mix the drug in orange or other juice or a bottle of water.
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HISTORY of GHB

1997-1999 ***Several countries pass laws to control GHB and several individual U.S. States place GHB in Schedules I through IV.***

2000 ***GHB becomes a Schedule I drug in the United States.***

STREET NAMES

Georgia Home Boy

Liquid X

GHB Kit
Anonymous Photographer, © 2000 Erowid.org

Grievous Bodily Harm

Goop

HOW IS GHB CONSUMED?

- GHB can be found in both a liquid and a powder form.
- Both forms are consumed orally and are sometimes mixed with sweet or strong flavored drinks to help hide the salty taste.
- Both forms dissolve almost entirely in liquids.
- The onset of the effects of GHB occur approximately 1 hour after ingestion, and can be felt for up to 6 hours.

LOW DOSAGE EFFECTS

Low doses are considered to be recreational doses by those that use, or 1-2 capfuls. The low doses of GHB can cause:

- **Hypnotic Consciousness**
- **Relaxation**
- **Reduced inhibitions**
- **Decreased Motor Skills**
- **Mood elevation**
- **Mild dizziness**
- **Increased Sociability**

HIGH DOSAGE EFFECTS

High doses of GHB are considered to be 3-4 capfuls or teaspoons. The effects of high doses of GHB have been compared to those of heavy drinking:

- **Increased Sociability**
- **Mild Euphoria**
- **Slurred Speech**
- **Nausea**

- **Grogginess**
- **Vertigo**
- **Visual disturbances / Difficulty Focusing**

GHB TESTING IN THE ARMY

- GHB is not regularly tested for within the US Army.
- Contact your local ASAP for assistance and guidance regarding the testing for GHB as special procedures MUST be followed.
- GHB is detectable in urine for approximately 24 hours after initial consumption.
- GHB is detectable in blood for approximately 4 hours after initial consumption.

ADDITIONAL RESOURCES

- http://www.erowid.org/chemicals/ghb/ghb.shtml
- http://www.usdoj.gov/dea/concern/ghb.htm
- http://www.dancesafe.org/ghb.html
- http://www.health.org
- http://www.clubdrugs.org/
- http://www.drugs.indiana.edu/druginfo/clubdrugs/

UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS

For more Information Contact:

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